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Multiple Sclerosis

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### Multiple Sclerosis (MS)

#### Prevention

Generally, there is no way to prevent multiple sclerosis (MS) or its attacks. For people with relapsing-remitting MS, treatment with interferon beta or glatiramer acetate may reduce the frequency of relapses, and interferon beta may delay disability. Interferon beta-1b (Betaseron) or mitoxantrone (Novantrone) may delay the progression of the disease for some people with secondary progressive MS. Around half of people with relapsing-remitting MS will progress to secondary progressive MS within 10 years.

Claims have been made that MS may be brought on by injury, shock, pregnancy, or vaccinations, but there is no scientific evidence to prove these claims. If you already have MS, a viral infection (such as the flu) may trigger a relapse. During pregnancy, women with MS often have fewer relapses. In the first 3 to 6 months after delivery, however, they often tend to have more relapses.<sup>2</sup>

If you have MS, avoid overheating your body whenever possible. Increased body temperature can temporarily make your symptoms worse by causing the nerves already affected by MS to function even more poorly. Use an air conditioner, keep your home somewhat cool, and avoid hot swimming pools and hot tubs. During warm or hot weather, exercise in an air-conditioned area rather than outside.

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Only one treatment is proven effective on all 3 key measures of MS:

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